



YOUTH  
EMPOWERMENT  
PROJECT

## FOOD DRIVE

### Food Items

- **Breakfast & Staples:** Cereal, oatmeal, grits, shelf-stable milk, evaporated milk, breakfast/granola bars
- **Grains & Dry Goods:** Rice, pasta, spaghetti sauce, flour, crackers, instant mashed potatoes
- **Canned & Shelf-Stable Foods:** Vegetables, fruits, fruit cups, canned meat (i.e. tuna/chicken), canned beans, soups and stews, dried beans, shelf-stable juice
- **Snacks & Nutrition:** Peanut butter and jelly, nuts, trail mix, dried fruit, applesauce cups, shelf-stable snack packs, crackers
- **Baby & Family Essentials:** Baby formula (unexpired), diapers (all sizes), baby wipes
- **Household & Hygiene Items:** Laundry detergent, dish soap, toilet paper, paper towels, toothpaste, toothbrushes, feminine hygiene products

### Gift Cards / Monetary Support

- Grocery store gift cards (Rouses, Walmart, VISA gift cards) are especially useful for fresh food like milk, eggs, bread, and proteins.

[youthempowermentproject.org/foodresources](https://youthempowermentproject.org/foodresources)

